

ParTNers for Health

Completing the Well-Being Assessment,
Setting up Your New Well-Being Account &
Creating Your Well-Being Plan



ABC Calls · December 2012

2013 Partnership Promise: Everyone Takes Action

Start Taking Action January 1, 2013

Here's How:

1. Complete the online Healthways Well-Being Assessment™ (health questionnaire) **by March 15, 2013**
2. Create your new Well-Being Account
3. Create your Well-Being Plan

***Please note:** All employees and their dependent spouses who are enrolled in the 2013 Partnership PPO must complete the 2013 Partnership Promise.

**Take the online Healthways
Well-Being Assessment™
(health questionnaire)**

Take the Well-Being Assessment

The screenshot shows the homepage of the Partners for Health website, which is the State of Tennessee Group Insurance Program. The browser window at the top shows the URL <http://www.partnersforhealthtn.gov/>. The website has a blue header with the logo and navigation links: Home, Health Options, Other Benefits, Enrollment, Premiums, Q&A and Definitions, Resources, and Nurse Advice Line. A search bar is also present. The main content area features a 'MY WELLNESS LOGIN' button, a 'What's New?' section with an announcement about the Annual Enrollment Transfer Period, and a 'Did You Know?' section about the Nurse Advice Line. A blue callout box on the left points to the 'MY WELLNESS LOGIN' button.

Partners For Health | Home - Microsoft Internet Explorer provided by Healthways - www.healthways.com

<http://www.partnersforhealthtn.gov/>

Partners For Health | Home

PARTNERS FOR HEALTH State of Tennessee Group Insurance Program

Change Text Size Google Custom Search Search this Site

Home Health Options Other Benefits Enrollment Premiums Q&A and Definitions Resources Nurse Advice Line

MY WELLNESS LOGIN

What's New?

Annual Enrollment Transfer Period/Open Enrollment Ends

The Annual enrollment transfer period (AETP) for 2013 benefits ended November 1, 2012.

Are You at Risk for Diabetes?

Diabetes increases the risk of Type 2 diabetes, heart disease and stroke. Thirty-five percent of U.S. adults have prediabetes, but only 7% know they have it. Take the first step. Find out your risk for prediabetes.

[Take the quiz on the wellness page to find out your risk »](#)

Did You Know?

The Nurse Advice Line is available 24 hours a day, seven days a week. Call 1-888-741-3390!

State of Tennessee. [View Disclaimer »](#)

1. January 1, 2013, go to www.partnersforhealthtn.gov and click on the MY WELLNESS LOGIN button

Take the Well-Being Assessment

2. Click on the “Start Assessment” button

PARTNERS FOR HEALTH

Welcome to Well-Being Connect
Brought to you by Healthways

What Inspires You?

This site is here to help you find inspiration every day as you move towards better health and well-being. You'll discover a personalized action plan for healthier living with manageable steps toward accomplishing your personal goals, with interactive tools, rewards, tips, and even social networking to motivate you along the way.

Ready to get started? Take the Well-Being Assessment.

Start Assessment



Already taken the assessment?
Create your account and set-up your Well-Being Plan.

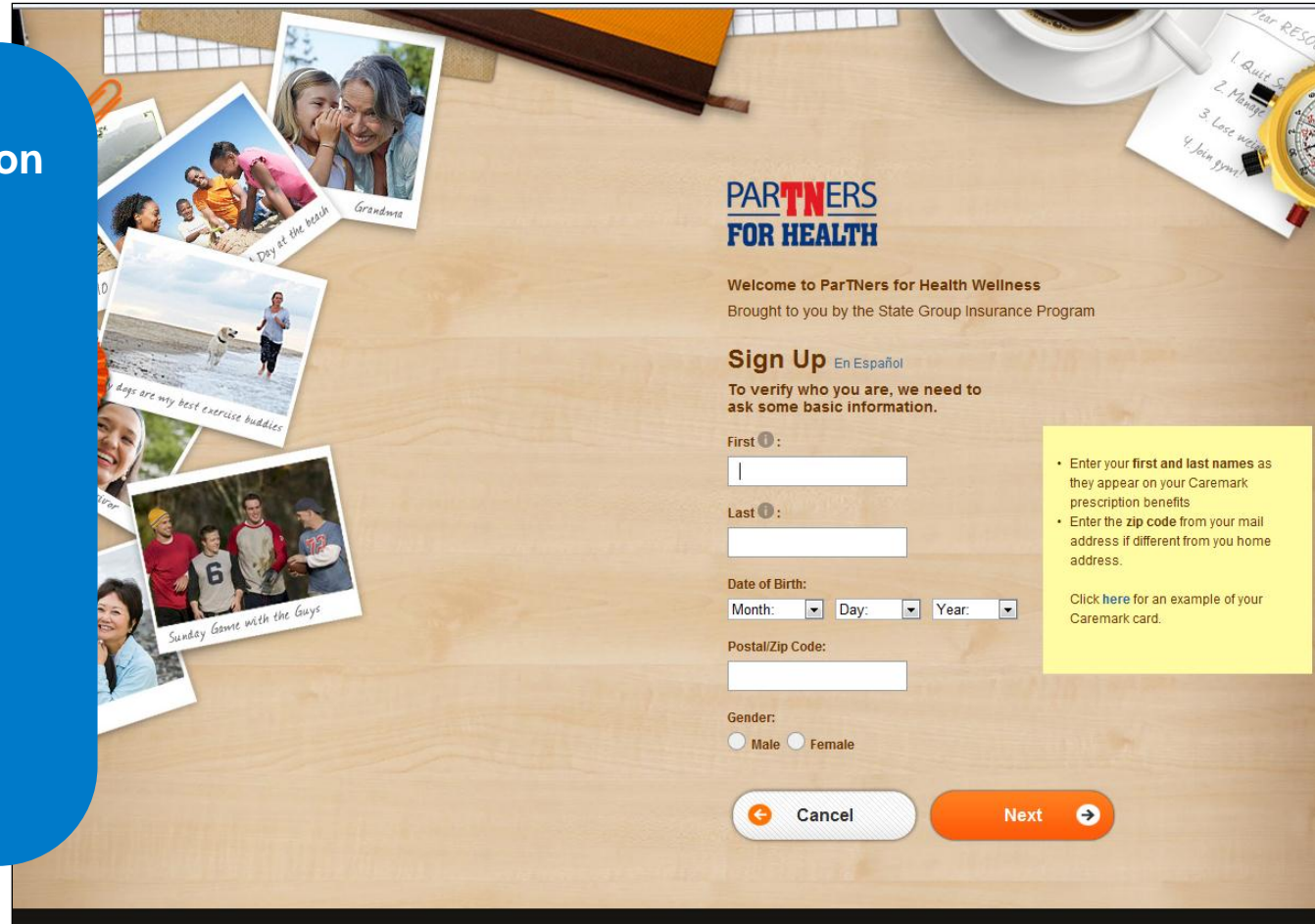
Access My Plan



Take the Well-Being Assessment

3. Enter your information

- Legal First Name
- Legal Last Name
- Date of Birth
- Mailing Zip Code
- Gender



PARTNERS FOR HEALTH

Welcome to ParTners for Health Wellness
Brought to you by the State Group Insurance Program

Sign Up [En Español](#)

To verify who you are, we need to ask some basic information.

First ¹ :

Last ² :

Date of Birth:
Month: Day: Year:

Postal/Zip Code:

Gender:
☐ Male ☐ Female

[←](#) Cancel [Next](#) [→](#)

Instructions:

- Enter your **first and last names** as they appear on your Caremark prescription benefits
- Enter the **zip code** from your mail address if different from your home address.

[Click here for an example of your Caremark card.](#)

Take the Well-Being Assessment

1. Click on the
“Well-Being
Assessment”
button

Well-Being Connect

PARTNERS FOR HEALTH

Hello Fntestbdcj! Español Log Out


What inspires you to improve your health?

ParTNers for Health Wellness gives you tools, suggestions and inspiration to help you get healthier - which might just make you happier. It's a fun, smart way to overcome obstacles, track your progress throughout the year, and most of all, stay inspired. Step by step, you can improve the way you feel. The very first step is figuring out where you are right now.

Three Steps to Well-Being


Step 1 Assess Your Current Well-Being

Help us learn about your current state of well-being by answering some questions.

 [View a Sample Report](#)


Step 2 Your Well-Being Assessment Results

Based on your answers, we'll recommend specific areas for you to work on to improve your health and well-being.

 [See a Sample Well-Being Plan](#)

Step 3 Get Started on Your Plan

Get personalized support and motivation to help you achieve your well-being goals.

 [See Sample Tools](#)

Take your first step now.

[Well-Being Assessment](#) →

Estimated time: 15 minutes

Completing the Well-Being Assessment (WBA) by March 15 is a requirement of the Partnership Promise. It only takes about 15 minutes and looks at your overall well-being. You'll receive a report and an action plan to help focus your efforts.










Take the Well-Being Assessment

2. Click the
“Start” button
to begin the
WBA (online
health
questionnaire)

Partners for Health Hello Fntestbdcp Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Healthways Well-Being Assessment™ En Español

Labs & Biometrics	Life Evaluation	Emotional Health	Physical Health	Healthy Behavior	Work Environment	Basic Access	Productivity
							
							

This is the first step on your personal path to a happier, healthier you.

The Healthways Well-Being Assessment™ is designed to help us get a good sense of where you are right now, so we can do the best possible job of recommending specific areas for you to work on to improve your health and well-being. It takes about 30 minutes to complete, and your answers are completely confidential.

Earn Sponsor Reward! ⓘ
All you have to do is complete this Assessment and create your Well-Being Plan.
Estimated time: 15 minutes

Take the Well-Being Assessment

As you answer questions and complete each section, the top picture bar shows your progress.

You can “Save & Exit” at anytime and your answers will be saved.













*Reminder: If you “Save & Exit,” be sure to login and complete the WBA by March 15, 2013.

The screenshot displays the 'Healthways Well-Being Assessment™' interface. At the top, a horizontal bar contains eight icons representing different assessment sections: Labs & Biometrics, Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment, Basic Access, and Productivity. The 'Life Evaluation' section is currently selected and highlighted. Below this bar, the 'Life Evaluation' section is titled, followed by a progress indicator (four dots, with the first one filled) and a link 'How is this information used?'. The main content area contains a question: '1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?'. Below the question is a vertical ladder scale with steps numbered from 0 to 10. Step 10 is labeled '10 - Best' and step 0 is labeled '0 - Worst'. A small orange dot is positioned at step 0. To the right of the ladder is a checkbox labeled 'Don't know'. At the bottom of the screen, there are three buttons: 'Exit', 'Previous', and 'Next' (with a right arrow).




Take the Well-Being Assessment

Once you answer the final question in the Well-Being Assessment, you will see a “Results Preview” screen describing the next steps.

Your Health Assessment Results

					
Life Evaluation	Emotional Health	Physical Health	Healthy Behavior	Work Environment	Basic Access
					

Legend: Your Lifestyle

-  Helping Your Well-Being
-  Hurting Your Well-Being
-  No Impact on Well-Being

How You're Doing

Results Are on the Way

Your Assessment results are being analyzed by our well-being experts and will be ready within the next 24 hours.

Come back Tomorrow!

Please enter the email address you wish to send your completed Well Being Assessment to.

Email:

[Update](#)

See What's Next

Once you get your results, you'll be able to create your personal well-being plan, get interactive tools, find healthy recipes and relevant articles, download a mobile app, and much more.

* You can check the status of your results by returning to this website. This page will automatically update with your results when they are ready.

[Log Out](#)

Take the Well-Being Assessment

Your Health Assessment Results



Enter your e-mail address and click Update.

The system will send the e-mail within 24 hours, usually much sooner.

Results Are on the Way

Your Assessment results are being analyzed by our well-being experts and will be ready within the next 24 hours.

Come back Tomorrow!

Please enter the email address you wish to send your completed Well Being Assessment to.

Email:

[Update](#)

See What's Next

Once you get your results, you'll be able to create your personal well-being plan, get interactive tools, find healthy recipes and relevant articles, download a mobile app, and much more.

* You can check the status of your results by returning to this website. This page will automatically update with your results when they are ready.

[Log Out](#)



Creating Your New Well-Being Account

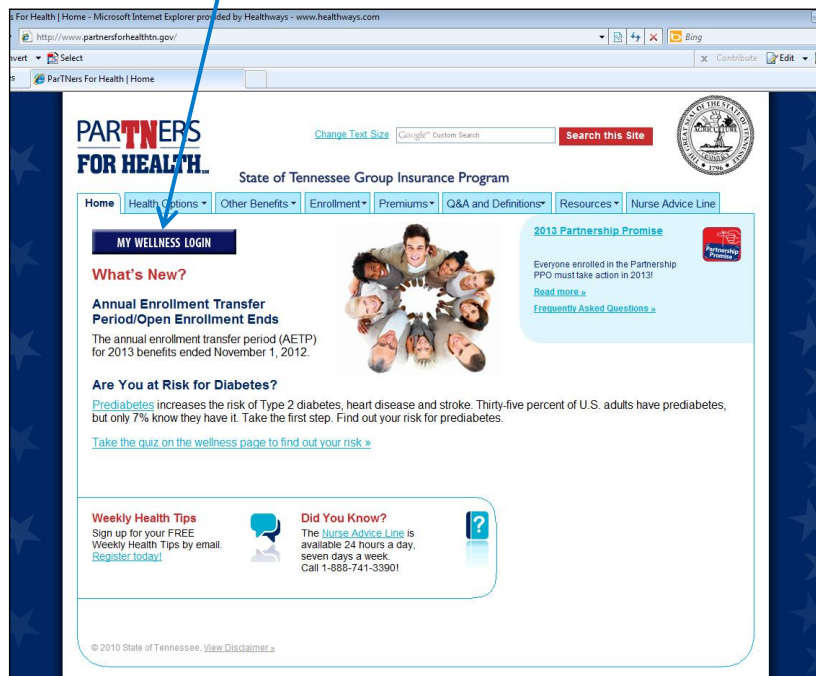
Create Your New Well-Being Account

Once you complete your Well-Being Assessment:

- Your Well-Being Report and Plan will be ready within 24 hours.
- There are two ways to return to Well-Being Connect, view your results and create your Well-Being Account.

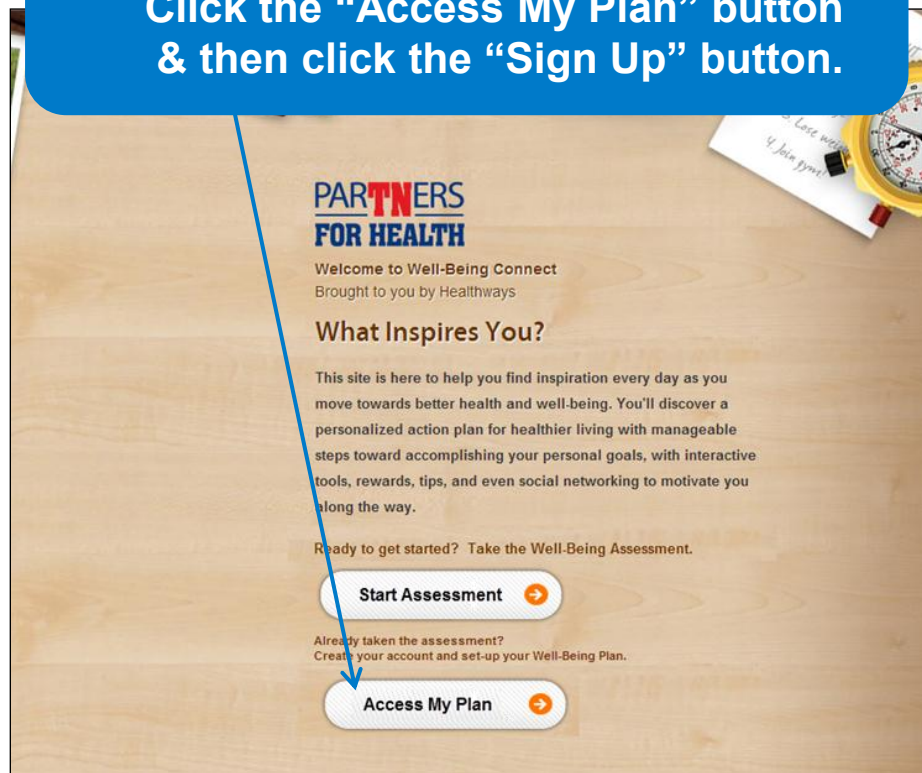
Option 1: Visit www.partnersforhealthtn.gov

1. Visit www.partnersforhealthtn.gov
Click on the
“MY WELLNESS LOGIN” button.



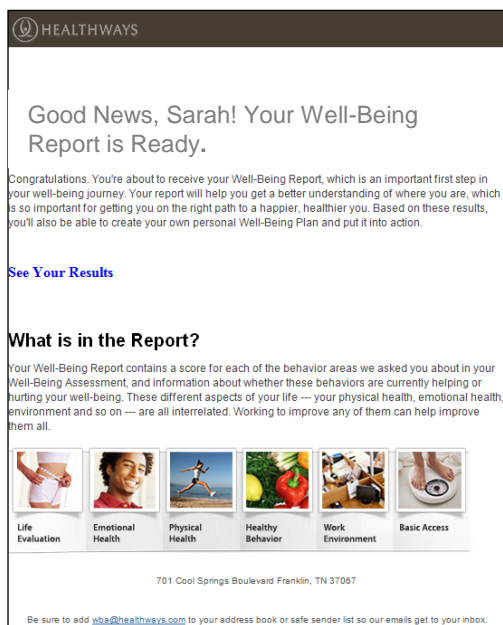
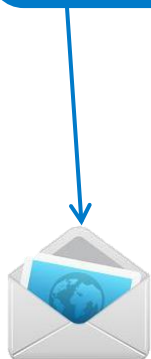
2. Once you click the “MY WELLNESS LOGIN” button, you will see this screen.

Click the “Access My Plan” button
& then click the “Sign Up” button.



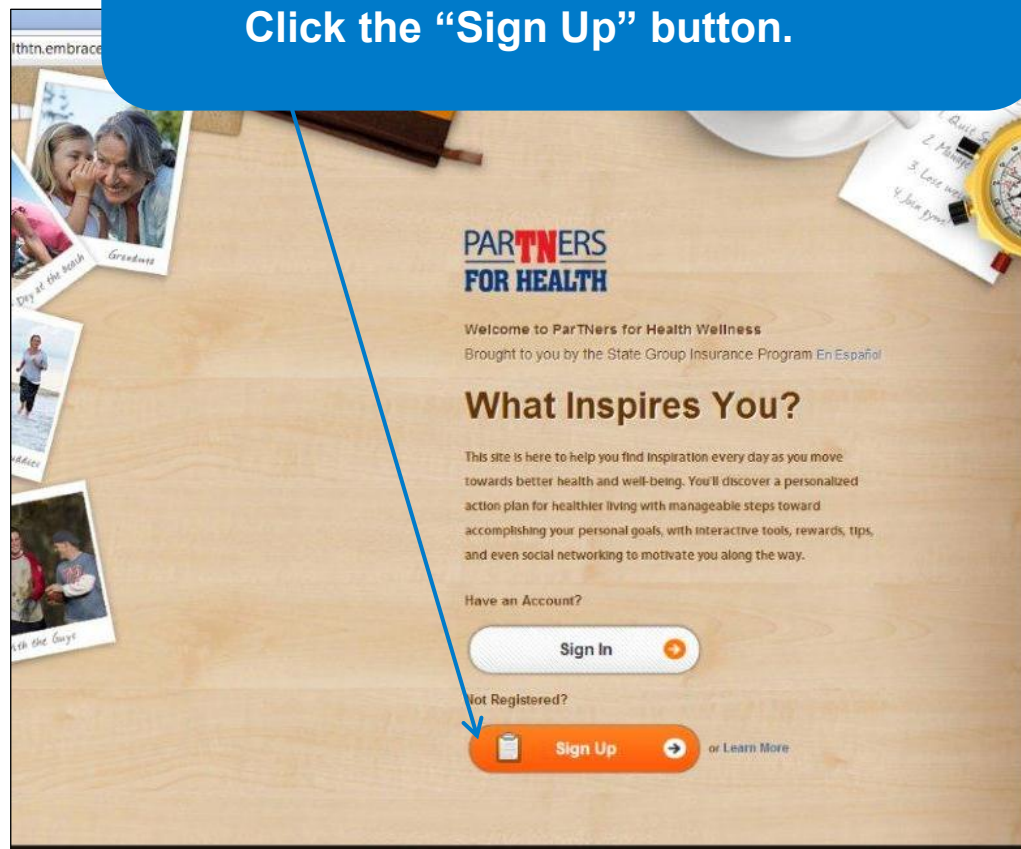
Option 2: Click through the email you receive

1. Click the link in the e-mail you receive when your Well-Being Report is ready.



2. Once you click through the email, you will see this screen.

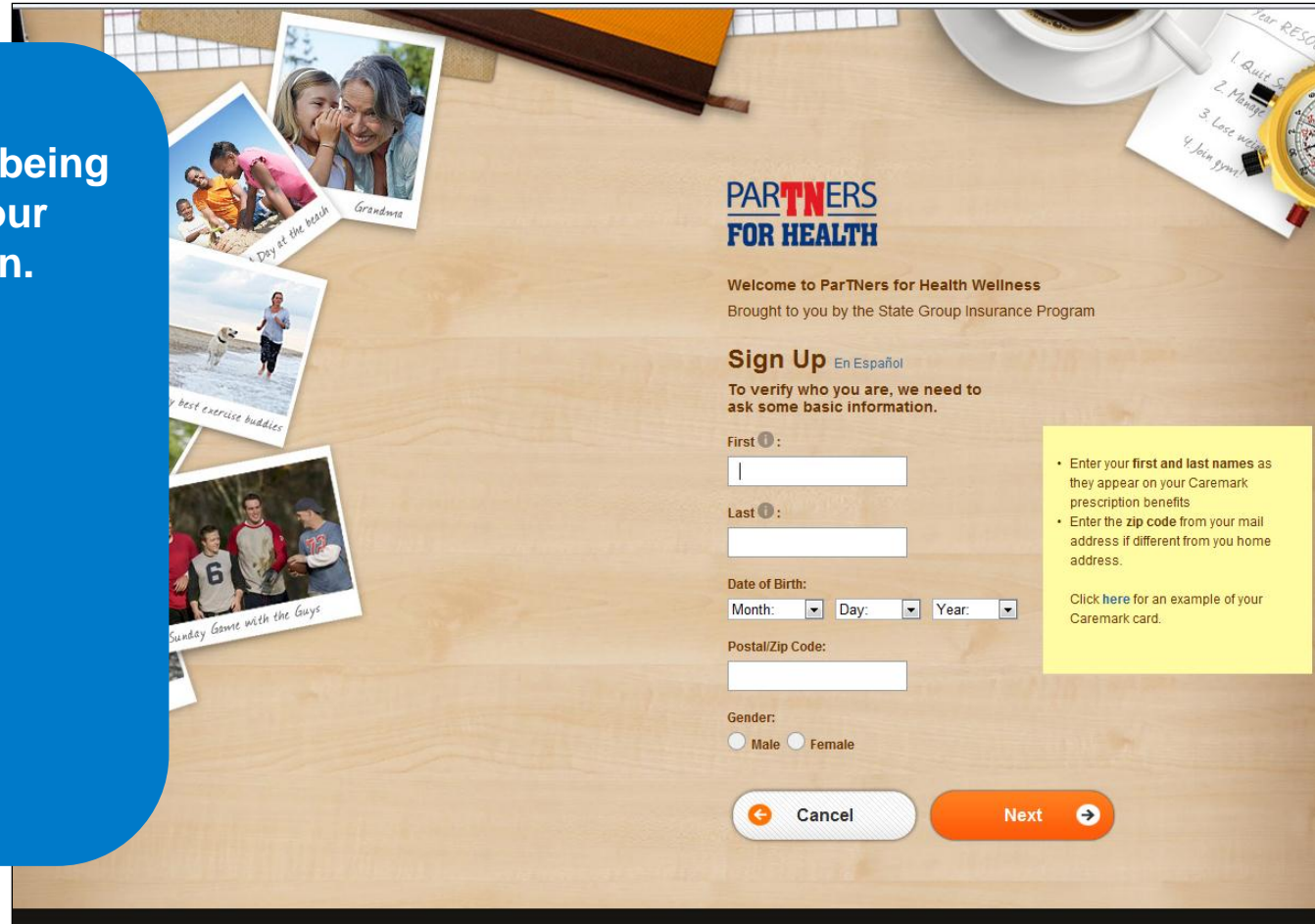
Click the "Sign Up" button.



Create Your New Well-Being Account

To create your well-being account, re-enter your personal information.

- Legal First Name
- Legal Last Name
- Date of Birth
- Mailing Zip Code
- Gender



PARTNERS FOR HEALTH

Welcome to ParTners for Health Wellbeing
Brought to you by the State Group Insurance Program

Sign Up [En Español](#)

To verify who you are, we need to ask some basic information.

First ¹ :

Last ² :

Date of Birth:
Month: Day: Year:

Postal/Zip Code:

Gender:
☐ Male ☐ Female

[←](#) Cancel [Next →](#)

Instructions:

- Enter your **first and last names** as they appear on your Caremark prescription benefits
- Enter the **zip code** from your mail address if different from your home address.

[Click here](#) for an example of your Caremark card.

Create Your New Well-Being Account

Then, you will be able to create an account username and password to access the site in the future.

- Enter your email address
- Create your username & password
- Answer the challenge questions
- Review and agree to Terms & Conditions
- Click “Next” button

Well-Being Connect

PARTNERS FOR HEALTH

Welcome to PartNers for Health Wellness
Brought to you by the State Group Insurance Program

Sign Up
To complete your registration, please fill out the information below.

Email Address:

Username ¹ :

Choose Password ¹ :

Confirm Password ¹ :

Challenge Question #1:

Answer to Question #1 ¹ :

Challenge Question #2:

Answer to Question #2 ¹ :

Challenge Question #3:

Answer to Question #3 ¹ :

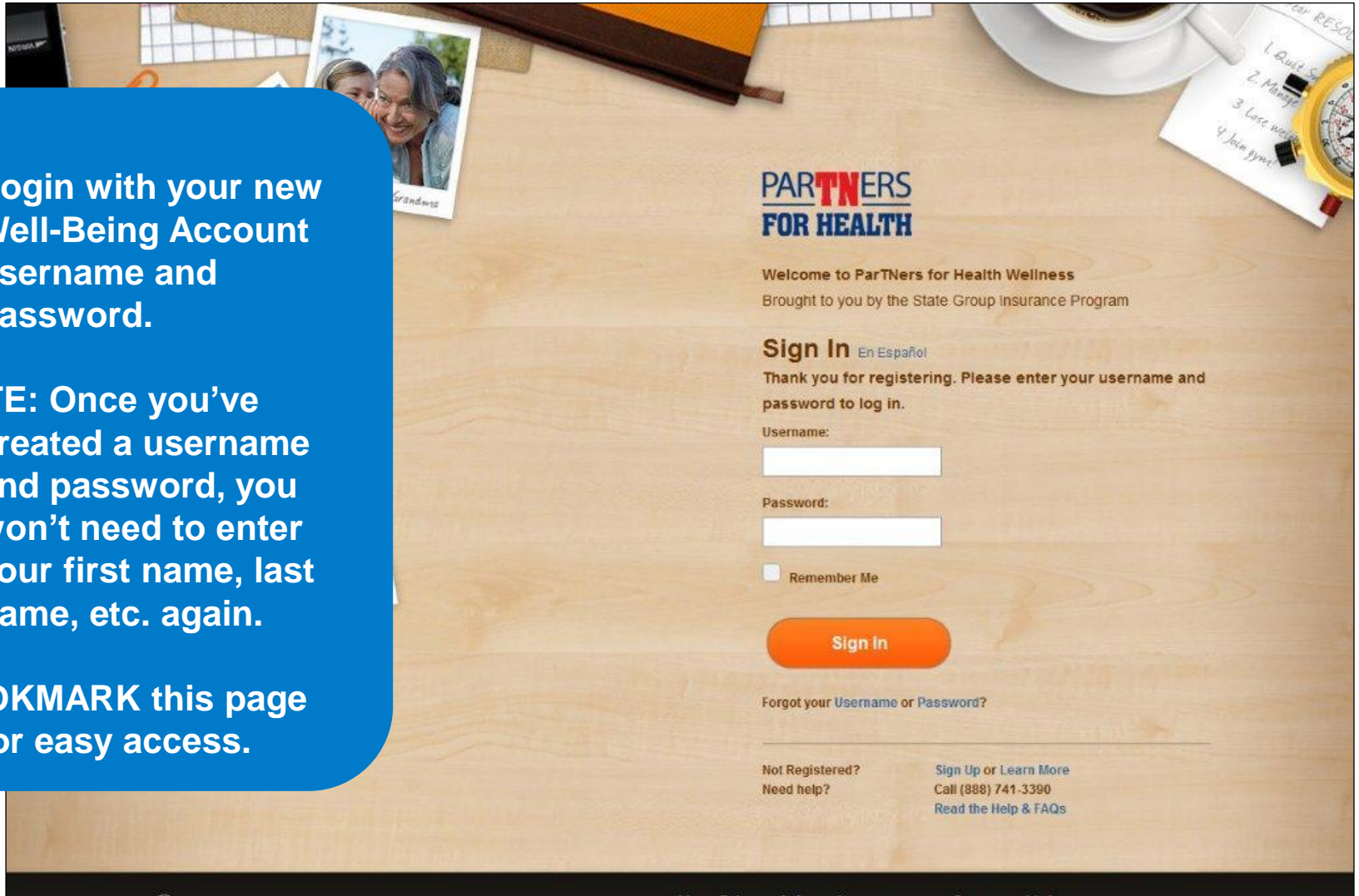
☐ I agree to the [Terms & Conditions](#)

Create Your New Well-Being Account

Login with your new Well-Being Account username and password.

NOTE: Once you've created a username and password, you won't need to enter your first name, last name, etc. again.

BOOKMARK this page for easy access.



The screenshot shows a login page for 'PARTNERS FOR HEALTH' overlaid on a background image of a wooden desk. On the desk, there is a photo of an elderly couple, a coffee cup, a notepad with a checklist, and a yellow analog clock. The checklist on the notepad includes: '1. Quit Smoking', '2. Manage Stress', '3. Lose weight', and '4. Join gym!'. The login page itself has the 'PARTNERS FOR HEALTH' logo at the top. Below the logo, it says 'Welcome to PARTNERS for Health Wellness' and 'Brought to you by the State Group Insurance Program'. There is a 'Sign In' link with 'En Español' next to it. A message says 'Thank you for registering. Please enter your username and password to log in.' Below this are input fields for 'Username:' and 'Password:'. There is a 'Remember Me' checkbox. A large orange 'Sign In' button is below the fields. At the bottom, there is a link for 'Forgot your Username or Password?'. At the very bottom, there are links for 'Not Registered? Need help?' and 'Sign Up or Learn More' with the phone number 'Call (888) 741-3390' and a link to 'Read the Help & FAQs'.

**PARTNERS
FOR HEALTH**

Welcome to PARTNERS for Health Wellness
Brought to you by the State Group Insurance Program

Sign In [En Español](#)

Thank you for registering. Please enter your username and password to log in.

Username:

Password:

☐ Remember Me

Sign In

[Forgot your Username or Password?](#)

[Not Registered?
Need help?](#) [Sign Up or Learn More](#)
Call (888) 741-3390
[Read the Help & FAQs](#)

Create Your Well-Being Plan

Create Your Well-Being Plan

Once you have completed your WBA and created your new Well-Being Account, you can view your results and click the “Create Your Well-Being Plan” button to begin.

PARTNERS FOR HEALTH Hello Fntestbdcl! Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Your Well-Being Assessment Results En Español

Life Evaluation	Emotional Health	Physical Health	Healthy Behavior	Work Environment	Basic Access

Legend: Your Lifestyle

- Helping Your Well-Being
- Hurting Your Well-Being
- No Impact on Well-Being

How You're Doing

Next: Now it's time to create your Well-Being Plan.

Congratulations! You've completed your first step toward a healthier life.

[Create Your Well-Being Plan](#)

Summary of Results

These are your scores and results. You can see how you are doing in each area. View the full report for all the details. No matter what your results are, you deserve our congratulations! You're well on your way to better health and well-being.

[View Full Report](#)

[Download PDF](#)

HEALTHWAYS [Live Chat](#) [Your Privacy & Security](#) [Company Links](#)

*Reminder: Creating your Well-Being Plan and completing three action items is one option to fulfill the wellness activity requirement.

Create Your Well-Being Plan

Based on your answers to the WBA, you will receive Recommended Focus Areas (behaviors).

You decide which Focus Areas you are ready to work on.

PARTNERS FOR HEALTH Hello Fntestbdcjl! Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

What You'll Work On

Your Well-Being Plan will be more successful if it includes things that you really want to work on. Here are areas that we can help you address. Indicate the ones you might be willing to work on (or are already working on).

Focus Areas Recommended For You

Why were these areas recommended?

	Doesn't Apply To Me	Thinking About It	Getting Ready	Making a Plan	Taking Action	Staying on Course	Not Sure?
Appointment Adherence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Exercise & Fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Medication Adherence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Self Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Stress Management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide

Select from more focus areas ▼

Create Your Well-Being Plan

Your Well-Being Plan will have three Focus Areas.

One Primary Focus Area
&
Two Connected Focus Areas

PARTNERS FOR HEALTH Hello Fntestbdcjl Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Focus Your Efforts

Based on the information you've given us, we've suggested three Focus Areas, with one as your primary Focus Area. To change or re-prioritize your Focus Areas, use the "Add", "Remove" or "Make Primary" buttons.

Note: You may find that some Focus Areas are not available to you. This could be because the information we have about you suggests this is not an area you need to focus on at this time. Also, selecting one area may prevent you from selecting another area.

My Well-Being Plan

My Primary Focus Area ☒ Use Recommended Plan ⓘ

Exercise & Fitness [Remove](#)

My Connected Focus Areas

Weight Management [Remove](#) [Make Primary](#)

Healthy Eating [Remove](#) [Make Primary](#)

Other Available Focus Areas

Tobacco Cessation [Add](#)

Self Care [Add](#)

Appointment Adherence [Add](#)

[Previous](#) [Next](#)

Create Your Well-Being Plan

Under My Well-Being Plan tab, you will find your three Focus Areas along with actions items related to each area.

This will be the home screen you see every time you log into your Well-Being Account.

My Well-Being Plan

Manage Focus Areas

Primary Focus Area
Exercise & Fitness
Making a Plan

No matter how old you are, or how healthy you feel, there are plenty of benefits to regular exercise. The Exercise and Fitness focus area is designed to guide you to a healthy lifestyle that includes regular exercise, whether you're just thinking about working out or you've started sticking to a regular routine.

Let's get going! See All Actions

0 action items completed.
Continue working on the actions below to earn more rewards and make more progress.

CONSIDER Post my commitment to exercise regularly and my start date in a place I can see it at home, at work and on my cell phone. ☐ **COMPLETED** or Maybe Later

CONSIDER Think about: How confident am I to increase my physical activity this month? ☐ **COMPLETED** or Maybe Later

WRITE Write down two people who will support my exercise efforts and what I will ask them to do. ☐ **COMPLETED** or Maybe Later

My Inspiration Edit

Who inspires you? What do you want to accomplish? What will motivate you to keep making progress on your Well-Being Plan?

Add Your Inspirations

Rewards Earned

To view your reward progress, visit the rewards center

Rewards Center

Have you taken your WBA?
Complete your Well-Being Assessment before it's too late!

***Reminder: Complete any three action items in your Well-Being Plan if you choose this option to complete your wellness activity requirement.**